



Friendship Heights

# VILLAGE NEWS

DECEMBER 2019

VOLUME 35, NO. 12

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

301-656-2797



**Make and take a wreath,  
see page 4.**

## An enchanting way to celebrate the season!

***Christmas Revels trip features music, dance, stories and an English Tea***

Take part in a holiday tradition that has delighted Washingtonians for more than 30 years as we join in the jubilation of The Christmas Revels matinee on **Saturday, Dec. 15.**

We've secured orchestra tickets for the festivities that promise to put even Scrooge in the holiday spirit.

After the show at the Lisner Auditorium., we'll relax over an English tea, complete with delicate tea sandwiches, scrumptious scones, delicious



desserts and gourmet tea, at the Henley Park Hotel.

We'll depart from the Village Center at noon and should return by 6 p.m.

This winter, The Christmas Revels celebrates the season with "Celestial Fools," a mixture of music, dance, stories and carol sing-alongs that invites audience members to enjoy the exuberant

**Continued on page 5, see Revels**

## Sing along with the Capitol Carolers during our special holiday program

The Capitol Carolers will present the songs of the season on **Tuesday, Dec. 17, from 2 to 3 p.m.**, at the Village Center.

The Capitol Carolers are professional singers who have performed holiday music since 2013 across the Washington, D.C., area. Lead by Stephanie Phelan and Bernie Kellett, this talented group brings a lively performance of holiday favorites, Hanukkah classics and Christmas carols. The group's informal performances encourage audience participation and blend new arrangements of old classics with traditional versions of carols and songs you know and love. Suitable, as the song says, for "kids from one to 92"—everyone will enjoy getting into a holiday spirit with



the Capitol Carolers. Stay afterward for Tuesday Tea at 3 p.m. The event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

## Welcome 2020 at the Village Center

It's the start of a new decade and we're welcoming 2020 with our annual New Year's Day Open House at the Village Center on **Wednesday, Jan. 1, from 2 to 3:30 p.m.**



The Friendship Heights Village Council invites residents to enjoy light fare from Ridgewell's Caterers and music from harpist Kristin Jepperson. The shuttle bus will run from 1:30 to 4 p.m. only between residential buildings and the Village Center.

Please join us for this annual event that offers a wonderful opportunity to mingle with neighbors in a relaxed and cordial atmosphere.

**Meditation to melt away holiday stress, see page 2.**



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## Melt away holiday stress

For some, "the most wonderful time of the year," can also be the most stressful. The joy of the season is often accompanied by tension as merrymakers try to get everything done in time for the holidays.

Take time out from the chaos to release anxiety and feel more centered at a morning meditation session with Louisa Klein on **Wednesday, Dec. 18, at 11 a.m.** at the Village Center.

Klein, who teaches a weekly chair yoga and meditation class at the Center, has more than 40 years of experience teaching all ages. She is a member of the International Yoga Teachers Association and former Vice President of the IYTA International. The event is free, but please call the Village Center at 301-656-2797 if you plan to attend.



*Friendship Heights*

## VILLAGE NEWS

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights.

### ADVERTISING

The deadline for reserving space in the January issue is December 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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# Village Council Update

## Council renews contract with RMA for shuttle bus service

After reviewing five bids from contractors interested in providing shuttle bus services to the Village, the Council voted at its November meeting to accept the proposal from RMA Transportation.

The contract is for a five-year period, beginning February 2020. It provides for no increase in cost (\$466,800) for the first year, and 3% increases in each subsequent year. RMA's price was competitive, and includes the provision of two new Ford Champion 550 LF low-floor accessible transport buses and all costs associated with providing the service.



Juan Pineda Patrick Voltaire



The 2019 Ford Champion 550 LF Transport shuttle bus.

RMA is our present contractor and has been running our shuttle service since 2007. Over the years we have developed a very good working relationship with them. They are the only one of the bidders based in Montgomery County, which gives them an edge in providing back-up service when necessary. They also run the Bethesda Circulator, which gives them synergy in their operation. RMA will be able to continue our service with our present equipment until the new buses arrive.

Another important factor in the Council's decision was the wonderful relationship that the community has with Juan Pineda and Patrick Voltaire, our two primary drivers. They are terrific. A new app developed by RMA is now in use. The app helps riders determine the present location of the shuttle bus and estimate the time it will take to reach them. We are all looking forward to making the app even more useful in the future.

Congratulations to RMA!

## MVA Bus schedule change for 2020

The MVA bus will be here at its regularly scheduled date of Monday, December 16. However, the service will switch to Tuesdays beginning in January 2020. The schedule for the first half of next year:

Tuesday, January 28

Tuesday, February 25

Tuesday, March 24

Tuesday, April 21

Tuesday, May 19

Tuesday, June 23



## Progress on HAWK signal installation

As this goes to press, the County has just installed the poles for the new HAWK pedestrian-activated signal for the Willard Avenue crosswalk near the intersection with The Hills Plaza. A second crosswalk has been added across Willard on the west side of the intersection, by the former Panera space. Signal poles in the sidewalk on both sides of Willard will have buttons for pedestrians to activate the signals. The signals are expected to be activated in December.



## County TRiPS commuter store here every Wednesday

Montgomery County's TRiPS mobile commuter store is now at the Village on Wednesdays from 10:15 a.m. to 1 p.m. The mobile store parks on Friendship Boulevard adjacent to the Village Center.

You can buy all types of transit passes for Metrorail, Metrobus & Ride On, including regular and senior SmarTrip cards. The store also offers information



on using transit services, including biking, bikeshare and other options for getting around without driving. Go to [www.montgomerycountymd.gov/commute](http://www.montgomerycountymd.gov/commute) or call 240-773-8747 for more information.

Other actions taken at the November 12 Council meeting:

- Approved motion to invite Friendship Heights Neighbors Network to present to the Council;
- Approved publishing email addresses for each Council member in the newsletter and website.

The next Council meeting, open to the public, will be Monday, December 9, at 7:30 p.m. at the Village Center.

## FDR and Churchill

### *The partnership that saved the world*

Learn about the extraordinary partnership between two of history's greatest leaders when Nick Glakas presents "The Partnership that Saved the World" on **Thursday, Jan. 30, 7 p.m., at the Village Center.**

This partnership and epic friendship between Franklin Delano Roosevelt and Winston Churchill played out over the course of nine meetings totaling 113 days during a six-year period from September 1939 until FDR's death in April 1945.

During this time, more than 2,000 pieces of correspondence flowed back and forth between these two great men: one hoping to hold on to an empire where the sun never set; the other intent on bringing independence and freedom to as many occupied countries and colonial outposts as possible.

Their meeting took them around the world—from Hyde Park to Quebec, from Cairo to Casablanca, from Marrakesh to Tehran, from Malta to Yalta—no easy task for one of them who was paralyzed below the waist nor for the other whose age, health and work habits were of constant concern to his family, friends and doctors.

Nick Glakas is an international lawyer who has lectured at Cambridge, Georgetown and George Washington universities, and aboard cruise ships around the world.

The lecture is free, but please call the Village Center at 301-656-2797 if you plan to attend.

The Village Book Club will meet on **Tuesday, Dec. 17, at 11 a.m.** The book selection is "The Last Ballad" by Wiley Cash. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

*Looking ahead: The January book selection will be "The Rosie Project" by Graeme Simsion.*

## Create and take a wreath during a Saturday workshop

Get a jump on your holiday decorating when we host a wreath-making workshop on **Saturday, Dec. 7, 10 a.m., at the Village Center.**

The one-hour workshop is taught by Pam Maidl of Interior Garden Designs. Maidl is responsible for maintaining the beautiful flora inside the Village

Center and is also responsible for special floral decorations at the Center throughout the year, including during the December holidays.

Attendees will make a wreath, then decorate it with a beautiful bow they will learn to make.

The 8- to 10-inch wreath is the perfect size for Village residences.

The cost is \$25 for residents; \$30 for non-residents.

Space is limited so sign up at the Village Center to secure a spot. **Registration ends on Wednesday, Dec. 4.** For more information, call the Village Center at 301-656-2797.



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# ON THE GO

## Revels, Continued from page 1

blend of entertainment from around the globe.

As the winter days grow short, three wandering performers from far-off lands create an enchanting and dramatic tale of the Winter Solstice. With a set that captures the spirit of a rustic European village, the cast of more than 100 performers, ranging in age from 9 to 90, invites you to join tradition bearers Karim Nagi (Arabic drumming and dance), Shizumi Shigeto Manale (Japanese dance and theater) and Mark Novak (Jewish song). The performance also features eclectic instrumentals by Seth Kibel, Vladimir Fridman and Bob Abbott.

Combining elements of a fully staged holiday play, a choral concert with sing-alongs, and centuries-old winter traditions, The Christmas Revels offers a trademark blend of professional entertainment and community engagement that reminds performers and audiences alike of the importance — and the joy — of shared celebration.

Founded in 1983, Washington Revels is a multi-generational performing arts community of professionals and nonprofessionals that presents traditional music, dance, storytelling, and drama in D.C., Maryland, and Virginia. It produces afterschool workshops, community participation events, and performances year round, including May Revels each spring and The Christmas Revels each December.

Friendship Heights audiences will recognize the Washington Revels from the Maritime Voices, which performs in Friendship Heights each spring. This rousing

group celebrates the sea and the inland waterways of America—the men who worked the great sailing ships, the women who sustained the shore-side communities, and the men and women who lived and worked on the canals, lakes and rivers.

In the winter, The Christmas Revels brings together more than 100 performers, exquisite period-correct costumes, top flight musicians and soaring voices and harmonies to the seasonal event at the Lisner Auditorium.

Don't miss what promises to be a wonderful holiday event for the entire family.

The cost of the trip, which includes round-trip transportation, orchestra tickets and tea and all taxes and gratuities, is \$110. Sign up immediately at the Village Center. **The deadline to sign up is Dec. 5.**



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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

## Thursday, Dec. 5, 7 p.m.—Movie—"The Farewell"—A

Chinese-American family goes to great lengths to fake a wedding celebration in China in order to say goodbye to a terminally ill beloved grandmother. They also go to great lengths to keep the grandmother from discovering her terminal lung cancer diagnosis. The wedding is planned far away from New York City, where many relatives now live. The story features complicated family dynamics and a multicultural backdrop. Although the movie packs an emotional punch, comedic moments run throughout and it is ultimately uplifting. The semi-autobiographical plot comes from writer and director Lulu Wang. Awkwafina plays Billi, the loving granddaughter who has one foot in China and one foot in the United States. Tzi Ma and Diana Lin also star. Rotten Tomatoes awarded the movie a score of 99 percent. Rated PG. Running Time: 98 minutes.



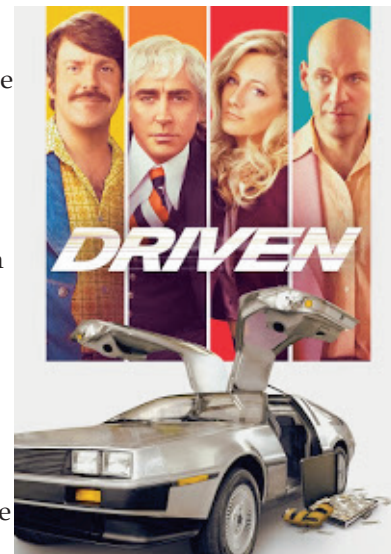
## Thursday, Dec. 12, 7 p.m.—Movie—"The Peanut Butter Falcon"—Zak

dreams of attending the professional wrestling school of his idol. However, the young man has Down's Syndrome and lives in a residential nursing home, where he is befriended by some fiesty seniors. When Zak runs away in pursuit of his dream, a Mark Twain-style adventure ensues. Zak hides in a boat owned by Tyler, a small town crook, who becomes his unlikely coach and ally. Together they sail away, drink whiskey, catch fish, and find God. Shia LaBeouf, Zack Gottsagen and Dakota Johnson star in this feel-good road movie. The filmmakers wrote the role of Zak for Gottsagen, who creates a sweet and funny character. Rotten Tomatoes awarded this action-adventure drama a score of 95 percent. Rated PG-13. Running Time: 93 minutes.



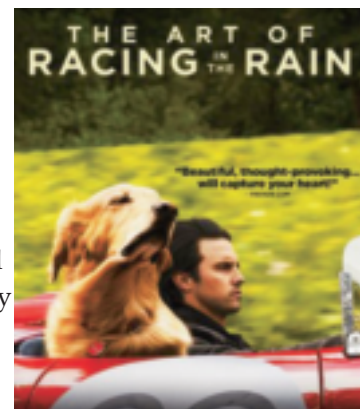
## Thursday, Dec. 19, 7 p.m.—Movie—"Driven"—

In California in the early 1980s, the automobile entrepreneur John DeLorean was a glamorous character, with his elegant car, expensive suits and extravagant lifestyle. His meteoric rise and the rise of the DeLorean Motor Company is traced in this suspense-comedy-drama. DeLorean's friendship with an ex-con pilot turned FBI informant, named Jim Hoffman, proves to be his downfall. Hoffman draws DeLorean into an FBI cocaine sting operation when the automobile magnate looks for ways to save his financially troubled company. DeLorean is arrested and tried for drug trafficking in 1984. Lee Pace is praised for his portrayal of DeLorean. Also stars Jason Sudeikis, Isabel Arraiza, Cory Stoll and Judy Greer. Rotten Tomatoes awarded the movie a score of 67 percent. Rated R. Running Time: 108 minutes.



## Thursday, Dec. 26, 7 p.m.—Movie—"The Art of Racing in the Rain"—Enzo

is a very unusual dog. He is witty and contemplative, and he reflects on the joys of his longtime relationship with his owner, an aspiring race car driver named Denny. Enzo recalls in detail how he faithfully saw Denny through the many curves and dips of life, including heartbreaks and highlights of his relationship with the people he loved most—his wife Eve and their daughter Zoe. Stars Kevin Costner, Amanda Seyfried, and Milo Ventimiglia. Rated PG. Running Time: 109 minutes.







# ART and CULTURE

## December show highlights the artistry of four women

The December Four Show featuring painters Patsy Fleming and Kathy Daywalt, focuses attention on two extraordinary artists whose work, although seemingly disparate, is remarkably compatible and complementary.

Patsy Fleming uses color and shape within abstract images to plant the viewer firmly on the ground and surrounds the moment with broad strokes and nuance that are halting and thoughtful.

Kathy Daywalt works in a similar color palette for her figurative paintings focusing on the human female form, but augments the narrative with remarkably intricate and enchanting backgrounds that add worlds of wonder and fantasy to the viewer.

Both women find beauty, grace, and curiosity in their respective images within the abstract and figurative worlds.

Also featured in this exhibit are Margaret Halpin and Eileen Martin—two superb and imaginative glasswork and mixed media sculptors. Their work is displayed in the gallery showcases.

The exhibit runs Dec. 9 through Jan. 4. Meet the artists at a reception on Sunday, Dec. 15, from 11:30 a.m. to 1 p.m.

Exhibit hours are Monday through Thursday, 9 a.m.

to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in the room; check with the front desk receptionist when you arrive.

Please note that all art sales are final.



**"To Market" by Kathy Daywalt**



**"Bicycle Dreams" by Patsy Fleming**

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Friendship Heights  
Village Center



Calendar  
of Events 2019

D E C E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	2 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Monday Night Bridge Club	3 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 6:30 p.m.: Mat Pilates	4 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes <b>5:30 p.m.: Community Advisory Committee Meeting</b> <b>7 p.m.: Concert: Vocal Express</b>	5 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation <b>7 p.m.: Movie: The Farewell</b>	6 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	7 8:15 a.m.: Walking Club <b>9 a.m.–1 p.m.: Twin Springs Farm Market</b> <b>10 a.m.–11 a.m.: Wreath Workshop</b>
8 <b>8 a.m.: Depart for New York</b> 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	9 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 1 p.m.: Strength Training <b>7:30 p.m.: Friendship Heights Village Council Meeting</b>	10 8:15 a.m.: Walking Club <b>10 a.m.: Music with Marsha Goodman-Wood</b> 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m.: Speech Therapy 3–4 p.m.: Tea	11 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess <b>1 p.m.: Suburban Lecture: Heart Healthy Holidays</b> <b>7 p.m.: Concert: Clarke Maylone Quartet</b>	12 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation <b>7 p.m.: Movie: The Peanut Butter Falcon</b>	13 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	14 8:15 a.m.: Walking Club <b>9 a.m.–1 p.m.: Twin Springs Farm Market</b>
15 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers <b>12 p.m.: Depart for Christmas Revels</b> <b>11:30 a.m.–1 p.m.: Art Reception</b>	16 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books <b>10 a.m.–2 p.m.: MVA Mobile Office</b> 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 6:30 p.m.: Monday Night Bridge Club	17 8:15 a.m.: Walking Club <b>10:30 a.m.: Tonya's Tots and Seniors</b> 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea	18 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise <b>11 a.m.: Merry Meditation: Holiday De-Stress Session</b> 12 p.m.: Chess 1 p.m.: All in the Eyes <b>7 p.m.: Concert: Friday Morning Music Club</b>	19 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Driven</b>	20 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and Memory 10:30 a.m.: Coffee and Current Events	21 8:15 a.m.: Walking Club <b>9 a.m.–1 p.m.: Twin Springs Farm Market</b> <b>12–1 p.m.: Lunchtime Lessons: Great Courses DVD: Mt. Vernon and Lincoln's Washington</b>
22 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 	23 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 6:30 p.m.: Monday Night Bridge Club	24 8:15 a.m.: Walking Club <b>Center Open 9 a.m. to 2 p.m.</b>	25 <b>Center Closed</b> 	26 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: The Art of Racing in the Rain</b>	27 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events	28 8:15 a.m.: Walking Club
29 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	30 10 a.m.: Great Books 12:30 p.m.: Bridge Club 6:30 p.m.: Monday Night Bridge Club	31 8:15 a.m.: Walking Club <b>Center Open 9 a.m. to 2 p.m.</b>				

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m

Remember our less fortunate neighbors  
this holiday season

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County and feeds almost 40,000 individuals every year.

Please bring donations to the Village Center during December; they will be delivered to Manna before the holidays. The foods most needed include low-sugar cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Manna’s Smart Sacks, a program to fight childhood hunger. Each Friday, more than 2,000 children in 50 elementary schools receive a backpack with nutritious and kid-friendly foods for the weekend. Important: please check expiration dates before bringing donations, and do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted.





# CLASSES AND CLUBS

**PLEASE SIGN UP AT THE VILLAGE CENTER AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF A MINIMUM NUMBER OF PARTICIPANTS IS NOT MET. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.**

**All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.**

***In the event a class is canceled, a make-up class will be held during the week following the last class of the session.***

## ART

### ABSTRACT PAINTING

A 10-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., Jan. 24–March 26. \$200 for residents; \$215 for nonresidents. Participants must have prior painting experience. Sketchbook, acrylics and willingness to experiment are vital to this process. Please contact Joan at samworthjoan@gmail.com if new to this class. Class limit is 10.

### ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Jan. 8–Feb. 12. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

### PAINTING FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, Tuesdays, 1:30 to 3:30 p.m., Jan. 7–Feb. 11. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces, and experiment with collage and paper textures, inks and glues. The cost is \$75 for residents; \$80 for nonresidents.

### STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., Jan. 23–March 27. \$200 for residents; \$215 for nonresidents. The class is based on drawing and painting the still life as its focus. The instructor will stress the elements of art which are line, color, shape, value and texture. Composition and style are emphasized as each student strives to develop his or her own style. Bring your desired materials, bag lunch, sketch book and desire to explore new ways of seeing. No oils please. Questions? Email: samworthjoan@gmail.com.

### SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 4 to 5:30 p.m. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight. Group will meet through Dec. 12, then take a break until early February.

## EXERCISE

### BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Jan. 7–Feb. 11. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

### BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Jan. 10–Feb. 14. Exercises are designed to target balance issues and physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

### CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., Jan. 8–Feb. 12. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

### DC TAI CHI (INTRODUCTION)

A 6-week class, Mondays, 9:30 to 10:30 a.m., Dec. 2–Jan. 13. Class will not meet Dec. 30. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for details.

### DC TAI CHI (ONGOING)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., Dec. 11–Jan. 29. Taught by internationally recognized Master Nick Gracenin. Study the forms and

routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit [www.dctaichi.com](http://www.dctaichi.com) for details.

### **MAT PILATES**

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Jan. 7—Feb. 11. Pilates movements tone the body from “the inside out” bringing about core strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

### **CHAIR YOGA & MEDITATION**

A 6-week session, Thursdays, 10:30 to 11:45 a.m., Jan. 9—Feb. 13. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years. Incorporating a weekly yoga and meditation practice in your life can enhance your health, increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Yoga Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

### **STRENGTH TRAINING**

A 6-week class, Mondays, 1 to 1:50

p.m., Jan. 6—Feb. 24. The class will not meet Jan. 20 nor Feb. 17. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

### **YOGA**

An 6-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s “Cherryblossom Yoga.” Sundays, 9:10 to 10:30 a.m., Jan. 5—Feb. 16. Class will not meet Jan. 19. This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for two hours before class. \$78 for residents; \$90 for nonresidents.

## **WRITING AND MORE**

### **WRITING YOUR LIFE STORIES**

A 10-week class, taught by Barbara Rosenblatt, Mondays, 7 to 8:30 p.m., Jan. 9—March 5. Learn how to write a meaningful, interesting memoir. Instructor uses childhood memories, interviewing techniques, exploration of varied writing, in-class prompts, and discussion. \$165 for residents; \$180 for nonresidents. A minimum of six students.

### **PRINCIPLES OF NATURAL HEALTH**

A 5-week session, Fridays, 11 a.m. to 12 p.m., Jan. 10—Feb. 7. Learn the general principles of health for everyone; varied approaches and treatments for different age groups; individual treatment for those with specific health conditions; ways to address chronic disorders, including digestive, sleep, energy and pain issues; and fine tuning individual physiological differences.

Taught by natural health consultant Sandra Danu. \$5 for residents; \$10 for nonresidents.

## **WORKSHOP**

### **MAKE A HOLIDAY WREATH**

Create a beautiful holiday wreath, topped off with your own hand-made bow, during this workshop on Saturday, Dec. 7, from 10 to 11 a.m. Taught by Pamela Maidl of Interior Garden Designs. \$25 for residents; \$30 for nonresidents. See page 4 for details.

## **ONGOING GROUPS**

### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

### **CHESS**

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

### **DROP-IN TAI CHI**

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

### **EXPRESS YOURSELF**

An aphasia support group, formerly known as Speech Therapy, is facilitated by Susan Wranik, board certified

**Continued on page 14, see Classes**

## **Come play Canasta!**

An informal canasta group will gather three Thursday afternoons in December.

The group will meet Thursdays on Dec. 5 through Dec. 19, from 1 to 4 p.m. If there is enough interest, the group may continue into 2020.

For information, call Susan Donis at 732-673-0082.



# CONCERTS

Concerts are held every Wednesday from 7 to 8 p.m. in Huntley Hall at the Village Center.

**Wednesday, Dec. 4—Vocal Express** — Popular music, show tunes from the mid- to late-20th century and music from the “Great American Songbook” are featured in the repertoire of this versatile singing group. The group is also known for its traditional Christmas carols and upbeat secular holiday programs.

**Wednesday, Dec. 11—Clarke Maylone Quartet**— The Clarke Maylone Quartet is composed of pianist Rick Eldridge, guitarist Bob Williams, bassist Roger St. Vincent, and Clarke Maylone with his saxophone. For this performance, the quartet will be joined by a special guest singer, Joni Pfeiffer, for an evening of Broadway favorites, selections from the “Great American Songbook,” and a few songs for the holidays, too!



**Wednesday, Dec. 18—Friday Morning Music Club**— For more than 100 years, the Friday Morning Music Club has been performing free classical music concerts in the Washington, D.C., metropolitan area. Members accomplish their mission to promote and celebrate classical music throughout the week, not just on Friday mornings. The club sponsors an outstanding symphonic orchestra named Avanti and a chorale conducted by Paul Leavitt. The Friday Morning Music Club scouts for young talent through competitions for local students and nurtures their development through student-led recitals. This December performance will feature outstanding local student musicians.

**Wednesday, Dec. 25—Center Closed —No Concert**

**Looking ahead: Jan. 8—The Amelia Ensemble**



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## TO YOUR HEALTH

### How to keep your heart healthy during the holidays

Join HeartWell nurse Leni Barry as she discusses strategies for keeping your heart healthy and happy during the holidays at this month's Suburban Lecture on **Wednesday, Dec. 11, from 1 to 2 p.m.**, at the Village Center.

She'll include tips for entertaining, managing stress, and holiday menu makeovers.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.



### Celebrate Glaucoma Awareness Month

#### *Hear from an expert and get a free screening*

Come learn about Glaucoma, the "Sneaky Thief" of sight, at Friendship Heights Village Center on **Saturday, Jan. 25, at 10 a.m.**

Hear from a Glaucoma expert about this dangerous disease, that oftentimes presents no early symptoms! Glaucoma is a group of eye diseases that damages the optic nerve. This damage eventually leads to a loss of your peripheral (side) vision that is irreversible! More than half of individuals with glaucoma are unaware they have it - gradually losing peripheral vision is very difficult to detect on your own. Luckily, if doctors catch and are able to treat the dis-

ease early, progression can be greatly slowed or stopped! The speaker will discuss signs and symptoms, risk factors, treatments available, and more!

Following the presentation, the Prevention of Blindness Society of Metropolitan Washington (POB) will have their Adult Screening Team on site to provide FREE Glaucoma Screenings. Take advantage of this opportunity to have a visual field test completed and take ownership of your eye health!

See the January *Village News* for details.



### Learn about a health lifestyle during this new class in 2020

Sandra Danu, a natural health consultant and Village resident who spoke about natural and holistic health in November, will teach a five-week course on the topic beginning in January.

The course begins **Friday, Jan. 10, from 11 a.m. to 12 p.m.**, and continues each Friday through Feb. 6. During the five-week session, the course will cover: the general principles of health for everyone; varied approaches and treatments for different age groups; individual treatment for those with specific health conditions or living arrangements; ways to address chronic disorders including digestive, sleep, energy and pain issues; and fine tuning to individual physiological differences.

Danu has a pre-med degree from Smith College, and a naturopath's doctorate from Clayton College of Natural Health.

The cost of the course is \$5. Sign up at the Village Center.



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### **Classes, continued from page 11**

speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Generally meets on the second Tuesday of each month from 3 to 4 p.m. This month the group will meet on Dec. 3 from 3 to 4 p.m.

### **GREAT BOOKS GROUP**

Book lovers participate in lively discussions about books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

### **HEALTH INSURANCE COUNSELING**

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries with unbiased information about health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

### **MONDAY EVENING BRIDGE**

A bridge group meets on Mondays, 6:30-8:30 p.m. Its purpose is to improve players' skills. Each session involves a lesson on bidding or play, followed by actual bidding and play of pre-dealt hands. All necessary supplies are provided. Totally free. Reservations are not necessary; just show up with your brain. For further information, contact Jim Metzger, jmetzger1942@gmail.com, 301-502-9419.

### **TEA**

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

### **TONYA'S TOTS AND SENIORS**

Exercise instructor Tonya Walton brings toddlers together with senior citizens for a morning of fitness and fun on the third Tuesday of the month from 10:30 to 11:30 a.m. All children must be accompanied by a parent or caregiver.

### **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. See page 4 for details.

### **VILLAGE BRIDGE CLUB**

The bridge club meets Mondays, 12:30 to 3:30 p.m. Village residents are encouraged to drop in. Cards will be supplied.

### **VILLAGE PLAY TIME**

Toys are set out at the Village Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Marsha Goodman-Wood performs music from

10 to 11 a.m. on the second Tuesday of the month.

### **VISION RESOURCE LUNCH AND LEARN**

The Vision Resource Lunch and Learn will take a break from monthly meetings and will resume in January.

### **WALKING CLUB**

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Eniko Basa at 301-657-4759 or Helen Davis at 301-718-6340.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.



## **Renters Alliance director addresses rental issues**

Montgomery County Renters Alliance Executive Director Matthew Losack will discuss rental issues during a talk on **Monday, Feb. 10, from 3 to 4 p.m.**, at the Village Center. Losack will also address price control, pending legislative proposals and the question of renting vs. buying a condominium—a concern when transitioning to retirement and aging.

This event is presented by the Friendship Heights Village Council in collaboration with the Friendship Heights Neighbors Network. The event is free. Please call the Village Center at 301-656-2797 to let us know if you plan to attend.

### ***A Note from the Program Director***

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

## What brings you to the Village Center?



Village residents come to the Center for a wide variety of programs for all ages, from booksignings and lectures, to concerts and performances, parties and artisan fairs. The Village Center is just a short walk or shuttle bus ride from all the buildings in Friendship Heights. Stop by and see what activity awaits you!

Photos by Jeanne Pettenati



## Learn to tell your life stories

Share important life experiences through your writing with our new memoir writing class. Whether you are a lifelong writer or a beginner, this new class "Writing Life Stories" will teach you to write a meaningful, interesting memoir. Instructor Barbara Rosenblatt uses childhood memories, interviewing techniques, exploration of varied writing, in-class prompts, and discussion for this class at the Village Center.

This 10-week course will be held Thursdays, from 7 to 8:30 p.m., beginning Jan. 9 and ending March 12.

The cost is \$165 for residents and \$180 for nonresidents.

Why not give this class as a holiday gift?

Sign up at the Village Center.





## Stop by for a sample of Chinese language and culture

Learn the world's most spoken language in a fun and engaging environment on **Saturday, Feb. 1, from 10 a.m. to 12 p.m.**

Manhattan Mandarin, which offers a wide range of Chinese classes, will host a free demonstration of children's Chinese language and programming. Join us for a fun morning of immersive learning and celebrate the Year of the Rat. The tentative schedule includes highlights from a Mommy and Me class; Kids Mandarin for ages 5 to 8; a Chinese New Year Activity; and Kids Mandarin for ages 8 to 10.

Watch the January *Village News* for more details.



## Tour Washington by video with our Lunchtime Lessons Great Courses

Bring a bag lunch and learn about the fascinating history and culture of Washington, D.C., on **Saturday, Dec. 21, from 12 to 1 p.m.**

The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.

The DVD program will feature Smithsonian Distinguished Scholar Richard Kurin presenting "George Washington's Mount Vernon" and "Ford's Theatre and Lincoln's Washington, D.C."

We'll provide a drink and something sweet. Please call 301-656-2797 to RSVP.



*Friendship Heights*

## VILLAGE NEWS

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**December 2019 events calendar**